

Offering sensory experience

Engaging our senses is wonderful for our physical and mental well being, whether we are Linguistic Beings or Sensory Beings. The senses are a gift to us all.

The Sensory Projects explore ways to share in sensory engagement together and to do so across boundaries of life experience and ability.

Some of the routes to shared sensory engagement explored by The Sensory Projects are:

Sensory Stories

Sensory Tours

Sensory Sequences

Sensory-being

Sensory environments

To find out more about these activities visit [wwwTheSensoryProjects.co.uk](http://www.TheSensoryProjects.co.uk) attend a Sensory Projects training day or book a bespoke day for your own setting.

The Sensory Projects run on the principle that with the right knowledge and a little creativity inexpensive items can become effective tools for sensory inclusion.

Through the work of all the Projects founder **Joanna Grace** is seeking to contribute to a future where people are understood in spite of their differences.

To learn more about the projects, and to access free resources and information about bespoke sensory training visit

www.TheSensoryProjects.co.uk

Joanna's books: **Sensory Stories for Children and Teens** and **Sensory-being for Sensory Beings** are available on amazon, with more titles due for publication in 2018.

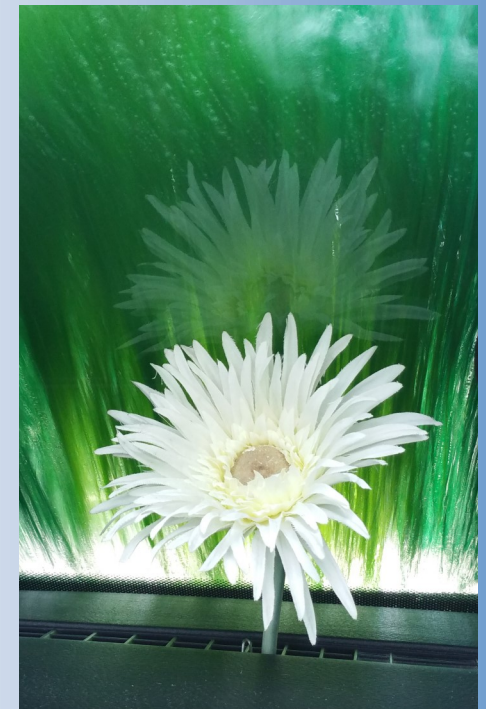


The Sensory Projects

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The Sensory Project's Seven Senses



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Publication dated/updated 15/10/17



The Sensory Projects Seven Sensory Systems

The famous five senses.

We have all heard of our visual, olfactory, gustatory, tactile and auditory senses and of course The Sensory Projects aim to cover all of these in the work that they do. But we must not stop at five. Often times we support individuals who are deaf/blind and unable to eat, to rely on just the famous five senses for such individuals would be to present a very limited set of experiences so it is great to explore some of our subconscious sensory systems.

The secret seven senses

The two additional sensory systems that The Sensory Projects seek to engage in their work are the vestibular and proprioceptive senses explained overleaf.

Both our proprioceptive and vestibular senses are stimulated by movement with particular moves being of particular interest to each system, e.g. vestibulation loves spinning, whilst proprioception likes to move and feel (tactile experience) at the same time.

Why just seven senses?

In truth we have thirty three sets of neurons that control our senses, so arguably thirty three senses. The Sensory Projects run to seven senses purely for pragmatic reasons, if we are to cover 'all' the senses in one ten sentence sensory story it is no good to us if there are 11 senses. But you are not so constrained, and exploring some of the more obscure sensory systems can be a great way to bring more meaningful experiences to the Sensory Being you support.

Vestibulation

Your vestibular sense is your awareness of movement and balance. It is a subconscious sense but just as critical to your successful engagement with the world as any of your conscious senses. It underpins our ability to move and co-ordinate our actions.

Vestibulation develops through the early rough and tumble play of childhood so many people who missed out on this for medical reasons can struggle with their vestibulation as of course can people with specific vestibular impairments.

Proprioception

Your proprioceptive sense is your awareness of where your body is in space. Again it is a subconscious sense but absolutely critical to our ability to engage with the world. A functioning sense of proprioception is necessary for movement, to lose your proprioception is to become paralysed.

Proprioception underpins our ability to feel safe in our own skin. Many people with autism struggle with their proprioceptive awareness and it is through to contribute to the high levels of anxiety they live with.

Anyone experiencing difficulties with their proprioception can experience high levels of anxiety. To support these people we can offer them the information that a functioning proprioceptive sense would bring them through another sensory system, i.e. tell them where their body is through, for example, the sense of touch. You could do this by brushing them, massaging them, giving them access to feelings of pressure, or providing them with the tactile stimulation of a breeze on their skin.